



27 – 30 June 2018

# Long – Agenda

- Organizers / Jury
- Admin
- Safety
- Time Schedule
- Competition center
- Courses
- Map
- Punching
- Start / Finish procedure
- Questions

# Organizers / Jury

- **Organizing committee**

- Miklós Mets
- Ágoston Dosek
- Anna Füzy

- **National Controller**

- Péter Vajda

- **IOF Senior Event Advisor**

- Anke Dannowski (GER)

- **Jury**

- Maxim Kapitonov, RUS
- Ursula Häusermann, SUI
- Jiri Vransky, CZE

# Admin

- **Parking in Nagykovácsi**

- Please check parking tickets
- If you do not have one, please get one in the Office
- DO NOT park anywhere else in Nagykovácsi

- **AD Control**

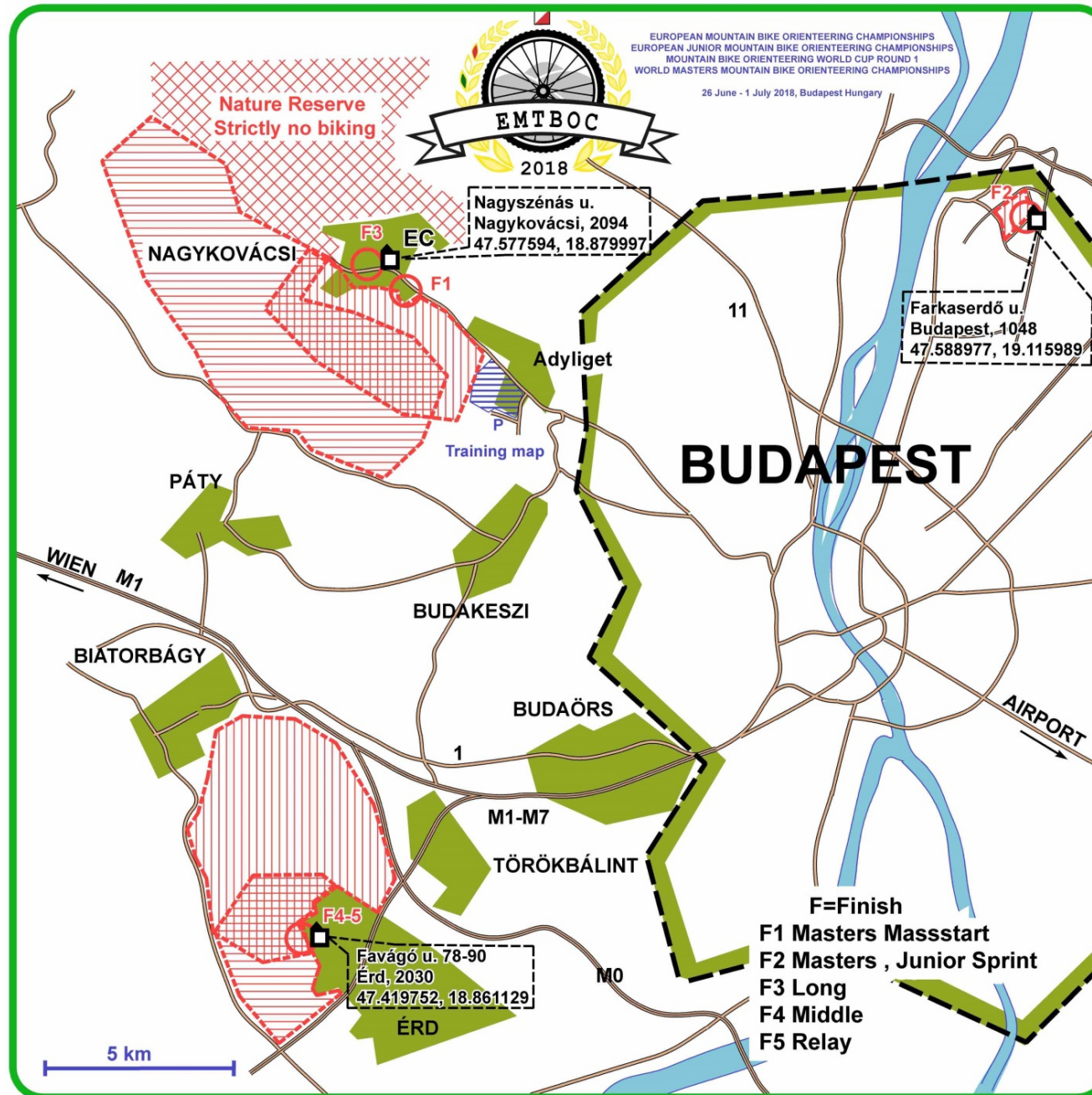
- IOF event, AD tests are possible
- ID card / Passport + TUE (therapeutic use exception)

# Safety

- When two riders converge:
  - (i). riders should normally pass with their left shoulders
  - (ii). any rider travelling uphill must be given priority
  - (iii). at an intersection, the rider on the smaller path should give way to any rider on the larger path.
- Generally, riders should overtake on the left.
- Slower riders should give way to overtaking riders.
- Riders should not stop right on the control

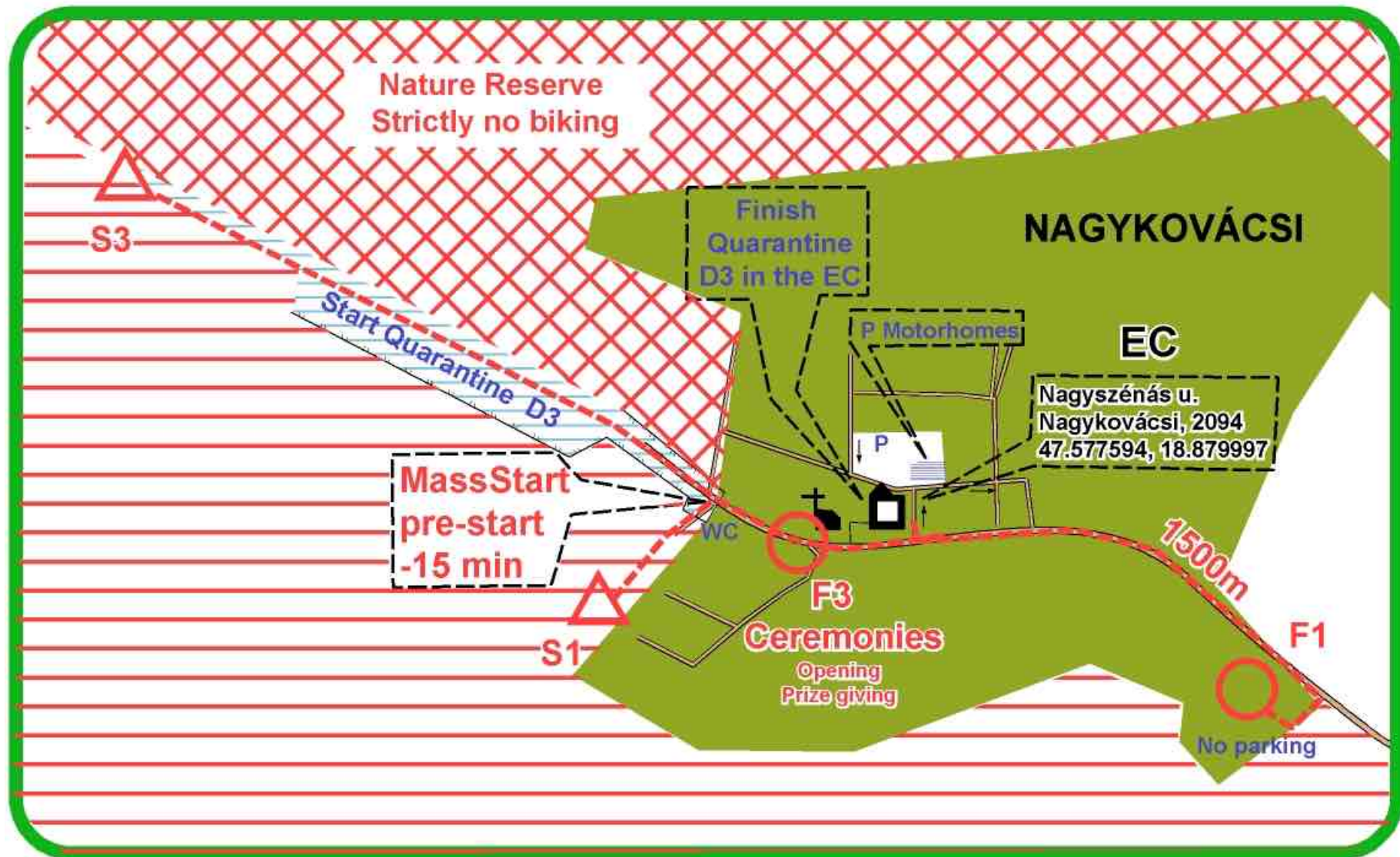
***MOST COLLISIONS HAPPEN ON WIDE ROADS  
WHEN ONE ATHELETE RIDES ON THE WRONG SIDE  
(MAP READING OR CUTTING THE CORNER)***

# Overview map





# Long venue



# LONG – Time schedule

First start	9:00
Start interval	3 min
Expected winning time	105 – 115 min for all classes
Time limit	240 min
Deadline for complaints	15:30 (or 15 min after Finish)
Finish Quarantine	until 12:00
Start Quarantine	from 12:00

***NO OLD MAPS ON THE DAY***  
***NO PHONES, TABLETS, OR OTHER***  
***COMMUNICATION DEVICES IN QUARANTINE***  
***EVEN WHEN SWITCHED OFF***



# Long – Courses

	distance	elevation	controls			distance	elevation	controls
	km	m				km	m	
<b>M40</b>	32.3	780	20		W40	27.1	670	18
<b>M45</b>	31.4	780	20		W45	25.1	590	17
<b>M50</b>	29.4	670	19		W50	23.0	520	16
<b>M55</b>	26.3	610	19		W55	20.3	460	17
<b>M60</b>	25.1	590	17		W60	19.5	420	12
<b>M65</b>	23.0	520	16		W65	17.0	370	11
<b>M70</b>	19.5	420	12		W70	15.0	280	8
<b>M75</b>	17.0	370	11					
<b>Open M35</b>	32.3	780	20					
<b>Open W35</b>	27.1	670	18					
<b>OpenA</b>	32.3	780	20					
<b>OpenB</b>	27.1	670	18					
<b>OpenC</b>	19.5	420	12					

Most courses with butterfly system

Refreshment controls (water): 35% to 75%

No personal refreshment

# Long – Map

Scale	1: 15.000 / 5m
Survey	2017-18
Size	A4 and A3
Protection	waterproof paper
Standard	ISMTBOM 2010

# Long – Map exchange

Most riders receive 2 maps in the start

- 2 maps A3 + A3 - M40, M45, M50, M60, WE, W40, W45, Open M35, Open A
- 2 maps A4 + A3 - M55, M65, W50, W55
- 1 map A3 - M70, M75, W60, W65, W70, Open C
- Almost all courses include a butterfly system.
- The maps are stapled together in order
- Single point of exchange, the last control on the first map is the first control on the second map
- The controls are numbered in order across the two maps (if CP10 was the last, CP 11 is the first on the second map)

# Long – Punching, Start, Finish

- SI Air+ system
    - 1.5 m detection range
  - Start Quarantine – 0.5km / 5m from EC (closes at 12:00)
  - Start - 2.5 km / 75 m from EC, light local traffic possible
    - - 4 min – CLEAR
    - - 3 min – CHECK / ACTIVATE
    - - 2 min – TEST
    - - 1 min – map
  - Map start 250m from start line
  - Finish No punch (SI line)
  - Readout in Finish
    - Quarantine 75 m from Finish through a narrow street
- After Finish go to Quarantine without any delay!***  
***No communication is allowed***

# Start bibs / GPS

- Front start number only
- No GPS unit allocation

# Long – Map



**Off-road riding is OK  
but not expected to be optimal choice**



# Long – Terrain

- High speed sections
  - long valleys that tempt high speed
  - there could be unexpected difficulties
  - watch out for other riders
- Some danger areas after strong rain
  - road erosion
  - washed out holes
- Stronger than usual under vegetation
  - some roads difficult to see
  - difficult to see junctions marked with black/yellow
  - Gaiters recommended

***Do not use forbidden public road on SW edge of map  
Road to DISQ***

# Long – Road





# Long – Ruts

